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Tobacco Diseases:
with a Remedy for the Habit.

By Joel Shew, M. D.

New York:
Fowlers and Wells, Publishers,
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1854

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Prize Essay.

TOBACCO DISEASES:

WITH A

Remedy for the Habit.

BY

JOEL SHEW, M.D.

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Who can see groups of boys, of six or eight years old, in our streets, smoking cigars, without anticipating such a depreciation of our posterity, in health and character, as can scarcely be contemplated, even at this distance, without pain and horror!—Dr. Rush.

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Prize Essay.

TOBACCO DISEASES:

WITH A REMEDY FOR THE HABIT.

BY JOEL SHEW, M. D.

Fowlers and Wells, Publishers, Clinton Hall, 181 Nassau street, New York.

To this Essay was awarded one of the prizes offered in April, 1853, through the "Water-Cure Journal" and the "American Phrenological Journal," by a benevolent and philanthropic gentleman of the State of New York, who prefers for the present to remain unknown, but who hopes, by its publication, to aid in suppressing a degrading and dangerous habit, and in preventing the young from ignorantly becoming its willing victims.

The series of Tobacco Essays of which this Tract forms a part, is but the beginning of the end of what he designs. Should the world be found to have been improved by his efforts, he will consider it an ample reward for all he has done, or may do hereafter. Who will aid him by circulating this Tract!

Who can see groups of boys, of six or eight years old, in our streets, smoking cigars, without anticipating such a depreciation of our posterity, in health and character, as can scarcely be contemplated, even at this distance, without pain and horror!—DR. RUSH.

THE use of Tobacco, as a luxury, in civilized communities, is of comparatively modern date. In the latter part of the fifteenth century, it appears to have been transported from the Western Continent to Spain, from which dominion it was taken to Portugal, and thence to the other European countries. It is not possible, at this day, to ascertain whether Catharine de Medicis, of Paris, noted for her instigation of the massacre of the Protestants on St. Bartholomew's Day; or Santa Croce, the Cardinal, who had become celebrated for bringing from the Holy Land what he *affirmed* to be a portion of the real cross; or Sir Walter Raleigh himself, were most concerned in the early introduction of Tobacco among the fashionable circles of Europe. It is certain, however, that during the sixteenth and seventeenth centuries, and in spite of the efforts of Queen Elizabeth, King James the First, Shah Abbas, Pope Urban, Pope Innocent, Amurath VIII, and the severe laws that were enacted against its use, Tobacco rapidly found favor in the higher walks of society, and from that time to the present, through all its "vicissitudes of fame and fortune," it has exercised its fascinating influence alike over monarch and subject, rich and poor, learned and unlearned, throughout the habitable globe.*

* In the time of Elizabeth, an edict was published against Tobacco, in which the reason for prohibiting it was, that Englishmen should not become like the barbarians from whom its use was derived. King James the First published his famous "Counterblaste to Tobacco," in which he remarked of smoking, that it is a custom "loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and, in the black, stinking fumes thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless."

Of all the narcotics and stimulants, Tobacco is among the most pernicious, while it is also the most universally sought after by man. Of all known modes of stimulation and stupefaction, there are none which hold their votaries with a more potent spell. The evil, which is admitted generally to be one of the most deplorable existing, is, moreover, on the increase, not only in our own country, but throughout the world. A candid statement of facts relating to this subject in its several bearings—physical, mental, moral, and preventive—therefore, is the object of the present essay.

ITS PHYSICAL EFFECTS.

Tobacco—*nicotiana tabacum*—is, in medical language, an acro-narcotic poison. It contains three active principles: *nicotine*, *nicotin*, or *nicotiana*; a concrete volatile oil; and an *empyreumatic oil*. Nicotine, the more active property, is a nearly colorless liquid, which, however, becomes darker by exposure to the air. It possesses a highly pungent, irritating odor, resembling that of Tobacco, an acrid, burning taste, and is a most deadly poison. Although not highly inflammable, it burns like common oil with a wick, emitting a vivid light and a great amount of smoke. It exists in the leaves, seeds, and other parts of the plant, and is obtained from them by a sort of distillation.* The volatile oil, which is also obtained by distillation, “is solid, has the odor of Tobacco, and a bitter taste. It excites in the tongue and throat a sensation similar to that of Tobacco-smoke, and when swallowed, gives rise to giddiness, nausea, and an inclination to vomit.” The empyreumatic oil is that which is produced in the ordinary process of smoking, and by distilling the leaves without water. It is “semi-fluid, of a deep brown color, and has the odor of Tobacco-smoke, with a bitter, acrid taste; and, according to Dr. Chris-

The same monarch proposed, as a banquet for the Devil, “a loin of pork, a poll of ling and mustard, and a pipe of Tobacco for digestion.” Shah Abbas (1590) prohibited the use of Tobacco in Persia, rendering it a penal offence, for which reason many of his subjects, rather than discontinue smoking, fled to the mountains. Pope Urban VIII. (1624) excommunicated all who committed the heinous sin of taking a pinch of snuff in church; and Pope Innocent XII. afterwards (1690) renewed the bull. At about the same time, Sultan Amurath VIII. made the use of Tobacco a capital offence, on the ground of its causing infertility; and in Constantinople, where the use of Tobacco, in every form, is now as common as eating, every Turk who was found smoking was paraded in the streets, with a pipe transfixed through his nose, and seated on an ass with his face towards the tail. In Russia, from early in the 17th to the middle of the 18th century, smoking was prohibited under penalty of having the nose cut off; but at the present time the Russians may be said to be a nation of smokers, the peasantry even being in the habit of smoking, almost without cessation, during the entire day.

* According to the analysis of MM. Henry and Boutron, (*Christison and Griffith's Dispensatory*, Philadelphia, 1848, page 917,) 1000 parts of a sample of Virginia Tobacco contain 10 parts of nicotine, so that a smoker who uses the genuine article, each time he smokes a cigar weighing one ounce avoidupois, or a chewer in taking the same amount, subjects himself to about five grains of the poison.

tison, is "well known to be an active poison, which produces convulsions, coma, and death." This oil, as was proved by the experiments of Sir B. Brodie, operates directly on the brain and nervous system, in a manner similar to that of hydrocyanic (prussic) acid, while nicotine and the concrete oil act chiefly through the motor nerves, exerting their influence particularly upon the heart, which they paralyze, and thereby cause death. "In whatever manner these oils are produced," says Dr. A. G. Thompson, "they are extremely virulent in their influence upon the animal economy, so that instantaneous fatal effects follow their introduction into a wound."

In botanical arrangement, Tobacco belongs to the order *Solanaceæ*, which includes *atropa belladonna*, (deadly night-shade,) *datura stramonium*, (poison thorn-apple,) and *hyoscyamus niger*, (henbane,) all of which are highly poisonous, and contain no nutritious substance. Linnaeus, in his natural arrangement, has placed Tobacco in the class *Lurida*, which signifies, pale, ghastly, livid, dismal, and fatal. When taken in considerable doses, whether in the form of powder or infusion, the symptoms caused by Tobacco, according to Dr. Taylor, an eminent writer on poisons, are "nausea, vomiting, vertigo, delirium, loss of power in the limbs, general relaxation of the muscular system, trembling, complete prostration of strength, coldness of the surface, with clammy perspiration, convulsions, paralysis, and death." In the form of enema, administered in hernia, and other obstructions of the bowels, Tobacco has often been known to cause death. So small a quantity as *thirty grains* has been known to destroy life in this way. When dissolution occurs from the internal administration of this poison, it may take place in so short a period as eighteen minutes. In the form of smoke, Tobacco has also proved poisonous in several instances. Dr. Marshall Hall relates the case of a young man who smoked two pipes at a first debauch, which caused nausea, vomiting, and syncope, then stupor, stertorous breathing, general spasms, insensible pupil, and very nearly death. Gmelin, a German author, has quoted two cases of death from smoking—caused in one by seventeen, in the other eighteen pipes, smoked at a sitting. A few years since, in Salem, Mass., the death of a lad named James Barry, aged twelve years, was said to have been caused by his excessive smoking of cigars. Lanzoni, an Italian author, mentions the case of an individual who fell into a state of somnolency, and died lethargic on the twelfth day, in consequence of taking too much snuff. The French poet Sauteuil, while feasting with a company of jovial companions at the Prince of Condé's table, was killed by a portion of Spanish snuff which had been put into a glass of wine by one of them. Soon after taking the draught, the poet "was attacked with vomiting and fever, and expired in two days, amid the tortures of the damned."

Locally applied, Tobacco also acts as a most virulent poison. The Indians in some parts of our country were in the habit of dipping the points of their arrows in an oil obtained from the leaves of the plant, which, being driven into the flesh, caused sickness and fainting, and in some instances, death. The

juice of Tobacco, as also the common form of the article, and snuff, when applied to abraded, sore, and diseased surfaces, have, in several instances, been known to kill the patient. "In the form of powder, juice, or as a decoction of the leaves," observes Orfila, "Tobacco may occasion the most alarming symptoms, and even death." Orfila, Christison, Taylor, Paris, Eberle, Clay, Ogston, Grah, Gmelin, Tevignot, Merriman, Leroux, Sir Astley Cooper, Sir Charles Bell, and Sir Benjamin Brodie, all medical writers of high repute, have recorded cases of sudden and accidental death by this drug.

Numerous experiments have also been made upon brute animals, proving the poisonous nature of Tobacco. A single drop of nicotine has been found to kill a dog, and small birds have quickly perished at the approach of a tube containing it. Dr. Mussey ascertained, by experiment, that two drops of the oil of Tobacco, placed on the tongue of cats that had been brought up, as it were, in the midst of Tobacco-smoke, destroyed life in three or four minutes. Three drops rubbed on the tongue of a full-grown cat killed it in less than three minutes. One drop destroyed a half-grown cat in five minutes. Two drops on the tongue of a red squirrel destroyed it in one minute. A small puncture made in the tip of the nose with a surgeon's needle, bedewed with the oil of Tobacco, caused death in six minutes. Two drops of nicotine, injected into the jugular vein of a dog, has been found to act in ten seconds, proving fatal in two minutes and a half. At the Cape of Good Hope and Van Diemen's Land, the empyreumatic oil of Tobacco, accumulated in the tubes of old smoking-pipes, is employed for killing snakes. "A Hottentot," says Mr. Barrow, "applied some of it from the short end of his wooden Tobacco-pipe to the mouth of a snake darting out his tongue. The effect was instantaneous as an electric shock: with a convulsive motion that was momentary, the snake half untwisted itself, and never stirred again; and the muscles were so contracted that the animal felt hard and rigid, as if dried in the sun." Worms and vermin of all kinds, it is well known, are readily destroyed by this poison. The wool-growers in Vermont are in the habit of killing tics upon sheep, by immersing the latter in an infusion of tobacco. If due care is not observed in regulating its strength, the sheep as well as the vermin are liable to be destroyed.

Of this remarkable plant there are said to be about thirty species, which, however, do not vary greatly either in flavor or poisonous properties. Something, doubtless, depends upon climate and the nature of the soil on which it grows. A late writer in *Blackwood's Magazine*, a believer in the healthfulness of Tobacco, tells us that "even to the grosser sense of Europeans, it is known that pig's dung carries its *goût* into the Tobacco raised by its means. But the more refined organs of the Druses and Maronites of Mount Lebanon readily recognize, by the flavor of their tobacco, the kind of manure employed in its cultivation, and esteem above all others that which has been aided in its growth by the droppings of the goat!"

In reference to the unhealthfulness of Tobacco, it is here to be remarked, it is an acknowledged law of nature, THAT THE CONTINUOUS USE OF A MEDICINAL SUBSTANCE INEVITABLY PRODUCES DISEASE. Narcotics cause various ailments by destroying the vital power. Stimulants injure by the depression that follows their use; sedatives detract from the vital principle by lowering the heart's action and the circulation; and tonics even are necessarily debilitants in the end.

It has been asserted, in favor of Tobacco, that some who use the article habitually live to a good old age. The same thing has likewise often been said in favor of alcoholic drinks. We know that a man may live, not only "threescore years and ten," but to one hundred years and upwards, drinking spirits daily for three-fourths of his life, and at last die, not of old age, but of cancer of the stomach, which, be it remembered, is one of the most common effects of the alcoholic poison. Such a case only proves too much, which is, that a man with a good constitution and regular habits in every thing else, may, in spite of the alcoholic poison, hold out to a great age. The same is also true of Tobacco. Nor does any one claim that it ever prolongs life.

Whatever may be claimed for the *medicinal* employment of Tobacco, (it having been recommended at one time or another for almost every known disease,) it is admitted that there are several articles in the *materia medica* which possess all its *good* qualities, and are, at the same time, comparatively safe. Probably not one patient of ten thousand treated allopathically in any of the more civilized countries, for the past fifty years, has had Tobacco administered to him. It is so dangerous a medicine that it is almost never used by the profession.

As we find Tobacco in commerce, it is often adulterated. Various articles are added to it for the purpose of increasing its weight or pungency. *Molasses, sugar, honey, licorice, bran, moss, beech leaves, rhubarb, cayenne pepper, sproutings of malt, beet-root dregs, resin, lime, sand, powdered glass, terra japonica, yellow ochre, red-lead, common salt, saltpetre, sal-ammoniac, and pearl-ashes*, have all been found in either chewing Tobacco or snuff, and which must, in some degree, modify their effects. It is also to be remarked that shag or cut Tobacco, in its manufacture, is often dried upon plates of copper; so that it is not improbable that the poisonous property of some of the salts of the metal (all of these being poisonous) may be communicated to it.

MODES OF USE.

Concerning the modes of using Tobacco, it is to be remarked, first, there are only three animals that even touch it—the tobacco-worm, the African rock-goat—a most filthy, disgusting, and loathsome animal—and man. The two former take it only one way—by the mouth; but the latter dries, concentrates, and compounds the article; grinds, rolls, cuts, and bakes it, and by snuffing, chewing, smoking, smelling, dipping, rubbing, and the like, obtains

its strength. Some use it only in one form, others in two; some also use it in all conceivable forms and ways. To the credit of woman be it here remarked, she has comparatively but seldom become addicted to the vile practice of using Tobacco, except through the influence of some too ignorant medical adviser.* First it is used as a medicine, afterwards as a habit.

"In what method of use is Tobacco most hurtful?" we are often asked. This depends much upon the strength of the article and the quantity used. It likewise produces different effects on different constitutions. Chewing, by being the most continuous, is probably, in general, the most harmful mode. More of the poison is absorbed in the system usually by chewing, than either smoking or snuffing. But smoking, in consequence of the empyreumatic oil generated in the process of burning, is more violent in its action than either chewing or snuffing, and, if long continued at a time, inevitably ends in death. Snuffing is more detrimental to the nasal organs than either of the other modes. Insane persons are, in general, very fond of snuff.

TOBACCO DISEASES.

We are in the next place to state the *diseases* that are caused by Tobacco taken in the ordinary methods. We use the term "disease" in its proper and recognized sense.†

1. INSANITY.—That Tobacco "certainly produces insanity in some cases," we have the authority of the late Dr. Woodward, of the Massachusetts State Lunatic Hospital.

* Some parts of our country present an exception to this remark. In North Carolina, Southern Virginia, and perhaps other districts of the South, ladies, (?) even when travelling upon railroads, are in the habit of *dipping*. The process consists in having a small piece of wood (dog-wood and hickory, and perhaps other kinds of wood are used) about the size of a common cigar. One end of this is chewed till it becomes a sort of brush, or broom, after which it is dipped, more or less frequently, into a snuff-box, kept for this purpose. Companies of ladies, in these parts, while sitting of an afternoon or evening sewing, have their pot of snuff on the table, so that each one can "take a dip" now and then. It is likewise a habit to invite one another from house to house, to perform in this social way. On these occasions they sit in a row, with apron or napkin in hand, and make dipping the whole business for an hour or two, as the case may be, just as men sometimes smoke and drink after dinner. Many keep it secret from their husbands that they dip, considering the practice a disreputable one. In some parts of New Jersey women are in the habit of applying snuff to the mouth, by means of the moistened finger. The practice is called *rubbing snuff*. Among the aristocracy of England it is a custom with some to use snuff with a tooth-brush on going to rest. The pretext is that of cleaning the teeth; but the real cause is love of the stimulus of the article.

† "DISEASE.—Any deviation from health in function or structure."—WEBSTER.

"Any alteration from a perfect state of health."—HOOPER.

"An opposite state to that of health, consisting in a change either in the position and structure of parts, or in the exercise of one or more of their functions, or in both."—DUN-
GIBSON.

2. LOSS OF MEMORY.—Dr. Rush states, that the father of Massilac lost his memory through the excessive use of snuff, at forty years of age. Dr. Cullen cites several instances in which Tobacco induced loss of memory, fatuity, and other symptoms of a weakened or prematurely senile state of the mind. The case of Sir John Pringle, to be mentioned hereafter, is in point.

3. HYPOCHONDRIASIS.—One of the most common effects of the drug, whether taken in cud, smoke, or snuff.

4. SUICIDAL PROPENSITY.—These who have become impotent by the use of Tobacco often desire to make away with themselves.

5. HYSTERIA.—A complaint common among women who snuff and smoke excessively, and occurring even late in life.

6. APOPLEXY.—Dr. Cheyne, speaking of snuffing, says: "I am convinced apoplexy is one of the evils in the train of that disgusting practice." Dr. Christison informs us, that he has met with an instance where the excessive use of snuff occasioned twice, at distant intervals, an attack resembling apoplexy, united with delirium. Dr. Hosack attributes "the late alarming frequency of apoplexy in part to the use of Tobacco." Dr. Clay, of Manchester, England, says, almost all whom he had known of late die of this dreadful disease were inveterate snuffers. Other authors also have stated similar facts. We can readily understand how it is that this poison, if long used, may induce the apoplectic state, when we recollect its powerful influence in deteriorating and destroying the sensorial power, and its tendency to drive the blood to the head.

7. VERTIGO.—Induced more commonly by smoking, although chewing may cause the same effect.

8. CEPHALGIA.—Caused often by smoking, and sometimes by chewing and snuffing. Nervous headache is a common complaint among old Tobacco-users.

9. CONGESTION OF THE BRAIN.—"Rush of blood to the head" is particularly apt to occur in those who smoke and snuff.

10. PALSY.—This is one of the effects of Tobacco in poisonous doses. A large proportion of paralytics have been excessive users of the article. The author knew a case of *paralysis agitans* (shaking palsy) that, beyond all doubt, was caused by immoderate and long-continued chewing. The patient was an elderly gentleman, who, for many years of his life, could scarcely convey food to his mouth, although he was naturally, and by inheritance, one of the strongest and healthiest of men. He was finally carried off by a severe rheumatic attack.

11. NEURALGIA.—Tobacco may excite this most painful of all maladies, in any part of the system. Dr. Edward Johnson, of England, mentions an inveterate case of neuralgia in the heel, caused by chewing. Dr. Wood, of Philadelphia, enumerates Tobacco among the causes of this disease. The

author believes he has traced neuralgia in the head to the use of Tobacco in several instances. There is many a smoker in our country suffering from this affection, who would with certainty be cured, if he would but for six months resolutely abstain from all intercourse with the drug.

12. TREMORS OF THE NERVES.—Smokers are especially liable to this affection. Sir John Pringle, who was very liberal in the use of snuff, experienced, in the evening of his days, a tremor of his hands and defective memory. Being in company with Dr. Franklin, at Paris, he was requested by him to observe that the former complaint was very common to those people of fashion who were great snuffers. Sir John was led by this remark to suspect that his tremors were occasioned by his excessive use of snuff. He therefore immediately left it off. Soon afterwards the tremor of his hand disappeared, and at the same time he recovered the perfect exercise of his retentive faculties.

13. INTOXICATION.—The Hawaiians are in the habit of swallowing the smoke of Tobacco. A few whiffs are sufficient to cause almost immediate inebriation. One pipe or a single cigar, used in this way, is sufficient for a large company. The pipe or cigar is passed from mouth to mouth in quick succession, till each one is made drunk with its poisonous fumes. In all countries where Tobacco is used, persons every now and then become intoxicated by excessive smoking. In various parts of the East, as I am informed by the Rev. Mr. Bush, missionary at Bangkok, in Siam, the inhabitants (who use the hookah, a Turkish pipe, in which the smoke is made to pass through water before being inhaled) mix a small quantity of opium with Tobacco, and not unfrequently become intoxicated with the smoke thus obtained. We are informed by travellers that among the Sandwich Islanders, where children are taught, as in Siam, to smoke before they are weaned or can walk, adults sometimes carry the practice to such an excess that they fall down suddenly in a state of intoxication that soon ends in death.

14. DELIRIUM TREMENS.—Dr. Chapman, of Philadelphia, informed Dr. Wood, one of his coadjutors in the University of Pennsylvania, that he had seen several cases of this disease, with all its essential features, resulting from the excessive use of Tobacco, but which ceased when the narcotic was omitted.

15. EPILEPSY.—Dr. Mussey, one of the most eminent surgeons of our country, has known this sad disease to result from the use of Tobacco.

16. FAINTING FITS.—Induced by both smoking and chewing, in some instances.

17. CRAMP.—This painful affection, occurring more frequently in the calves of the legs, at night, may be caused by excessive smoking, chewing, or snuffing.

18. NIGHTMARE.—A well-known, and sometimes dangerous disorder, which several authors of celebrity have attributed to Tobacco.

19. CHRONIC WAKEFULNESS.—A common trouble among old Tobacco-users. The sleep of such is never "tired nature's sweet restorer," but consists of "a succession of broken slumbers, interrupted by startings and disagreeable dreams."

20. SHOCKS AT THE EPIGASTRIUM.—A somewhat singular affection, which is most apt to occur on going to sleep, and waking the individual suddenly. On discontinuing the Tobacco, the symptoms vanish.

21. GENERAL NERVOUS WEAKNESS.—Men of the strongest nerves have, through the use of Tobacco, become as nervous and timid as a child.

22. INFLAMED EYES.—A chronic inflammation or weakness of the visual organs is often caused by smoking and snuffing, and sometimes, also, by chewing.

23. SPASMS OF THE EYELIDS.—A peculiar spasmotic action of the orbicularis muscle of the eye, together with an intolerance of light on awaking, are attributed by Dr. Laycock, a celebrated English medical writer, to excessive smoking.

24. CATARACT.—One of the very worst diseases to which the eyes are subject, except cancer itself.

25. AMAUROSI.—A disease which is seldom if ever cured, ending, as a general thing, in total blindness.

26. IMPAIRED HEARING.—Caused oftenest by snuff, but in some instances likewise by smoking and chewing.

27. TOTAL DEAFNESS.—Induced, in some instances, in the same manner.

28. EARACHE.—Caused oftenest by snuff, but in some cases by either of the uses of Tobacco.

29. NASAL POLYPUS.—Traced in some instances, according to Dr. Bell, of Philadelphia, to the use of snuff.

30. INFLAMED NASAL MUCOUS MEMBRANE.—Known from the fact that snuffers generally speak as if they had a cold in the nose, but which is not necessarily connected with any defunction from the part.

31. CORYZA, OR CHRONIC NASAL CATARRH.—Another form of inflamed mucous membrane, and attended with an increased discharge from the part. Dr. Good observes: "Among the habitual irritants that lead to this affection, snuffs are the worst; for the Tobacco of which they consist operates with the mischief of a narcotic, as well as of a stimulant; and hence the foul secretions with which the nostrils of aged snuff-takers are constantly deformed."

32. OZCENA.—Ulcerated, or stinking nose, as it is sometimes called, induced by snuffing.

33. INFLAMED FRONTAL SINUSES.—A heavy, dull ache in the region of the frontal sinuses is, according to Dr. Laycock, a frequent effect of excessive smoking.

34. DISCOLORATION OF THE TEETH.—A deteriorated state of the dental organs, which no human means can remove.

35. CAVITIES OF THE TEETH.—Evident from the fact that those parts decay first on the side where the cud is held.

36. TOOTHACHE.—Tobacco arrests this complaint, in some instances, by its narcotic or *killing* power. But any thing that is capable of causing caries of the teeth is liable also to induce toothache.

37. SOFTENING OF THE TEETH.—The enamel of the teeth is the firmest and hardest of all the living structures. Tobacco, however, softens these parts to such a degree, that they become worn off to the gums in numerous instances.

38. INFLAMED MOUTH.—Induced by smoking and chewing—a very common effect of the drug.

39. GUM BOILS—Caused in the same manner.

40. WASTING OF THE GUMS.—Induced oftenest by chewing, a common effect of Tobacco among old persons.

41. CHRONIC TONSILLITIS.—Brought on by smoking, evidently, in numerous instances.

42. SALIVATION.—Excessive flow of saliva of an unhealthy character, induced by smoking and chewing.

43. DRIVELLING OR SLAVERING.—An involuntary flow of saliva, with or without increase in natural amount, is seen often among old chewers of Tobacco, as well as among dotards and idiots.

44. DEFICIENT SALIVARY SECRETION.—Smokers and chewers are generally great spitters. In some cases, however, the salivary glands become almost completely paralyzed.

45. IMPAIRED VOICE.—A very common effect of chewing, smoking, and snuffing.*

46. INFLAMED THROAT.—Throat-ail, or clergyman's sore throat, as it is sometimes called, and a most inveterate disease, is caused in numerous instances by Tobacco.†

* A late medical writer, Dr. Allen, of Maine, says : "That Tobacco is injurious to the voice, any one can testify who has heard the harsh, thick, husky, mumbling, stammering, insonorous voice of the inveterate Tobacco-chewer." Weakness, tremulousness, squeaking, and hoarseness of the voice, are common effects of Tobacco. Every one must have noticed the peculiar nasal twang of voice among great users of snuff." Dr. Woodward asserts that loss of voice in public speakers is a frequent effect of Tobacco.

† Dr. Horace Green, of New York, whose experience in the treatment of this disorder has been probably greater than that of any other living practitioner, asserts "that of the great number of cases of throat-ail that had come under his observation, a large proportion of them had taken place in individuals who had been, or were at the time, in the habitual use of Tobacco." Speaking of the statistical facts he had collected on the subject, this author observes : "Not only has the use of Tobacco, in any and all its forms, proved to my experience an exciting cause of laryngeal disease, but when its employment has been persisted in, during the treatment of any case, I have found it impossible to restore such to perfect health.

47. **ULCERATION OF THE LARYNX.**—Inflammation and ulceration of the larynx, as occurring in man, Dr. Laycock asserts, “are almost peculiar to the slaves of excessive smoking.”

48. **HEMOPTOE.**—A spitting up of blood from the throat, Dr. Laycock asserts, is distinctly traceable in some cases to the habit of smoking. “The patient,” observes this author, “experiences a slight tickling low down in the pharynx or trachea, and hawks up, rather than coughs up, a dark, grumous-looking blood.”

49. **STRICTURE OF THE OESOPHAGUS.**—This disease—which in most cases proves fatal by completely closing the part affected against all food and drink, thus causing that most horrible of all deaths, famishing—the celebrated Dr. Good asserts, has been induced by the use of Tobacco.

50. **DEPRAVED APPETITE.**—The user of Tobacco loses well-nigh all relish for simple and healthful food. He craves continually that which is of the most stimulating and unhealthful kind. Pepper, spices, and condiments of every namable variety, are consumed by him with avidity.

51. **ANOREXIA.**—A complete loss of appetite is often induced by chewing. Tobacco-chewers not unfrequently pass years eating their food with as little relish as if it were only so much chips.

52. **DEPRAVED THIRST.**—This is one of the worst of the Tobacco evils. The user of Tobacco is never satisfied with simple fluids, and hence is very apt to become a lover of strong drink.

53. **BRONCHITIS.**—A somewhat peculiar form of this disease, known by a short, dry, hacking cough, is apt to be experienced by smokers.

54. **PULMONARY CONSUMPTION.**—Several authors of celebrity have recorded instances of consumption caused by Tobacco.*

55. **FOULNESS OF BREATH.**—To a person of correct physiological habits, the chewer or smoker is generally known at once by the offensive effluvia coming from his lungs.

56. **PALPITATION OF THE HEART.**—One of the common effects of excessive use of Tobacco, in whatever form.

* Cases have been observed in which consumption has been arrested by discontinuing smoking; but when the practice was again commenced, the disease returned with all its original force, death in a short time closing the scene. Dr. Trall, of New York, has published an instructive case of this kind. Dr. Rush records that he once lost a young man, seventeen years of age, of a pulmonary consumption, whose disorder was brought on by the intemperate use of cigars. It is not surprising that the frequent action of Tobacco-smoke upon the myriads of delicate air-cells of the lungs, and which present a surface of not less than fifteen hundred square feet, should, in some cases at least, cause this monster disease. Boerhaave asserted “that when Tobacco was first brought into general use in England, it was cried up as a certain antidote to hunger, but it was soon found that the number of hypochondriacal and consumptive patients was greatly increased by its use.”

57. DEATHLY SINKING AT THE HEART.—A frequent result of smoking and chewing.

58. PYREXIA, OR FEVERISHNESS.—Spirituos liquors and Tobacco, even though used habitually, according to the celebrated Dr. Hooper, increase the velocity of the circulation, and consequently the animal heat.

59. DEFICIENT HEAT.—A secondary effect of Tobacco as well as alcohol, old Tobacco-users and drinkers being poorly able to endure cold.

60. DYSPEPSIA.—A very common result of Tobacco-using, in all its forms.*

61. CARDIALGIA OR HEARTBURN.—A very common effect of Tobacco, experienced oftenest by chewers, but frequently also by smokers and snuffers.

62. GASTRODYNIA OR GASTRALGIA.—A neuralgic affection of the stomach, characterized by pain, often severe, and occurring irregularly.

63. PYROSIS OR WATER-BRASH.—A disease characterized by constriction and pain at the pit of the stomach, and accompanied by eructation of a thin watery fluid, which is generally tasteless, but sometimes sour and acrid.

64. CRAMP OR SPASM OF THE STOMACH.—A morbid and painful contraction of the coats of the organs.

65. NAUSEA AND VOMITING.—Experienced often by excessive chewers.

66. CONSTIPATION.—A frequent affection among smokers, chewers, and snuffers.

67. PILES OR HEMORRHOIDS.—Often the result of smoking, and sometimes of chewing and snuffing.

68. NEURALGIA OF THE RECTUM.—A most painful affection, induced by smoking and chewing.

* Dr. Good asserts that "a free use of Tobacco under either or any form, has produced very severe dyspeptic affections." "Nor is it difficult," continues this author, "to conceive by what means Tobacco thus acts; for, like opium, it is a stimulant readily producing a narcotic effect, or, in other words, rapidly exhausting the sensorial power. In chewing, a considerable portion of Tobacco is conveyed to the stomach along with the saliva: in smoking, a somewhat smaller quantity is conveyed in the same manner; and in both, the salivary glands are excited to a great waste of secretion, which cannot take place without impairing the chymifactive process indirectly, as the introduction of the Tobacco into the stomach impairs it more immediately. Even in the form of snuff, Tobacco has not unfrequently been found to produce the same result; partly, perhaps, from the paresis of the olfactory nerves, in which the stomach participates by sympathy, and partly from the portion of Tobacco that is constantly passing into it from the nostrils."

Dr. Cullen observes: "I have found all the symptoms of dyspepsia produced by snuffing, and particularly pains of the stomach occurring every day. The dependence of these upon the use of snuff became very evident from hence, that, upon an accidental interruption of snuffing for some days, these pains did not occur; but upon a return to snuffing, the pains also recurred; and this alternation of pains of the stomach and of snuffing having occurred again, the snuff was entirely laid aside, and the pains did not occur for many months afterwards, nor, so far as I know, for the rest of life."

69. DIARRHEA.—Both acute and chronic, particularly in old men who have long been chewers of Tobacco.
70. FISTULA IN ANO.—A loathsome and often fatal disease.
71. TORPOR OF THE LIVER.—A common affection in smokers, attended often by highly variable spirits.
72. MALIGNANT DISEASE OF THE LIVER.—Caused by Tobacco in a few instances, as we are told on good authority.
73. PERVERTED SEXUALITY.—Induced, as a primary effect, more especially by smoking.
74. IMPOTENCY.—A secondary result of the poison.
75. URINARY DISORDER.—Excited by oxalic or some analogous acid, resulting in the system as an effect of Tobacco, according to Dr. Prout.
76. ACNE.—A pustulous eruption upon the face, which has been known to be excited and kept up by smoking, and to disappear with the discontinuance of the latter.
77. DARK, GREENISH HUE OF THE SKIN.—Caused, according to Dr. Thomas, of England, in persons of melancholic complexion by smoking.
78. FETID PERSPIRATION.—A not unfrequent effect of chewing. It arises also from smoking.
79. DEPRAVED BLOOD.—A dark and often greenish-yellow tint of the blood is, according to Dr. Prout, one of the effects of the drug.
80. SKIN DISEASE.—An eruption, covering the patient from head to foot, was observed by Dr. Clay, of England. Three times it was cured by leaving off snuff, and as often brought on by commencing it.
81. ULCERS.—Found upon different parts of the body, in old chewers particularly.
82. LOSS OF FLESH.—One of the commonest effects of Tobacco.
83. OBESITY.—Not so frequent as the former, but in some cases evident.
84. SPINAL WEAKNESS.—Old chewers are often troubled in this way.
85. RHEUMATISM.—According to all writers on the subject, a frequent effect of Tobacco.
86. GOUT.—Induced oftenest by smoking.
87. CANCER.—Lastly, we are to remark on this head, that Tobacco has often caused this terrible disease. Of this there is the strongest proof, and medical men are everywhere agreed on the point.*

* Dr. Warren, the elder, of Boston, one of the very first among surgeons, and a man who is no wise given to radicalism, thus speaks on this subject: "For more than twenty years back, I have been in the habit of inquiring of patients who came to me with cancers of these parts, (the gums, tongue and lips,) whether they used Tobacco, and if so, whether

Thus we have a list of no less than EIGHTY-SEVEN diseases caused by Tobacco. We are to infer also, that when a greater degree of attention shall have been given the subject, the number will be found still greater. Medical men, too often themselves slaves of the Tobacco habit, have not, as a class, hitherto been sufficiently observant concerning the effects of this narcotic. These diseases, it will be seen, are many of them among the most dangerous and most painful to which the human body is subject. No other narcotic or stimulant—probably, not even alcohol itself, destructive as it is to life and health—is capable of producing such varied effects. The writer has been thus particular in this department of the subject, under the impression that it has not generally been sufficiently considered in essays of this kind.

The objector may here meet us by asserting that some of the diseases enumerated are caused only by the *excessive* use of Tobacco. The point is granted; but the answer is: All experience proves that no man, however strong his intellect, is ever safe in the use of so powerful a narcotic; he is constantly liable to become the victim of excess. Nor can any narcotic or stimulant be used habitually without inducing some degree of physiological and pathological harm.

One of the greatest evils connected with Tobacco is its effect in *aggravating* diseases not directly caused by it, and in rendering the system at all times more liable to the influence of morbific causes, of whatever kind. In a malarious district, it may be observed that Tobacco-users are the most apt to be attacked with the fevers that prevail in such localities. If yellow fever or

by chewing or smoking. If they have answered in the negative as to the first question, I can truly say, that, to the best of my belief, such cases of exemption are exceptions to a general rule. When, as is usually the case, one side of the tongue is affected with ulcerated cancer, the Tobacco has been habitually retained in contact with this part. The irritation from a cigar, or even from a Tobacco-pipe, frequently precedes cancers of the lip. The lower lip is more commonly affected by cancer than the upper, in consequence of the irritation produced on this part by acrid substances from the mouth. Among such substances, what is more likely to cause a morbid irritation, terminating in disease, than the frequent application of Tobacco-juice?" Druitt also, an eminent London writer on surgery, ascribes cancer of the lip to the irritation caused by smoking. Dr. Elisha Harris, one of the physicians of the New York Dispensary, tells us, that of six cases of cancer affecting the mouth and face that have been under his care within the last two years, five were men who had used Tobacco freely for many years preceding the commencement of the cancerous disease, and the remaining patient a female. One of the patients was persuaded to abstain from Tobacco for six months, during which period the cancer was less painful, and did not increase. On returning to the use of Tobacco, the disease was found to increase with great rapidity. Napoleon, it will be recollect, died of cancer in the stomach. He was likewise a great user of snuff. There is reason to believe that this article aided materially in the production of his terribly painful disease, because in snuffing a portion of the poison inevitably finds its way (along the posterior nares, or back of the throat, and where it cannot be tasted) into the gastric cavity. Besides, also, wherever there is a predisposition to cancer, Tobacco cannot fail to aid in exciting such predisposition to activity through its pernicious effects on the general health.

cholera rages epidemically in a city, the victims of Tobacco are among the first to be attacked ; and the chance of recovering among those who use narcotics is always less, other things being equal, than it is with those who are free from such influences, *because narcotics are necessarily anti-vital agents.* For the same reason, a child that is born scrofulous, or with a scrofulous tendency, is more liable to an early development of the disease if he make use of the narcotic. In the same way, likewise, consumption, gout, rheumatism, rickets, and a variety of hereditary disorders, are brought into action earlier, and with greater force, than would otherwise be. The effect of Tobacco, then, to aggravate and hasten forward disease, is one of the more prominent among its multiform evils. Its use, in whatever way, always intensifies existing disease, and renders the system more liable to the inroads of morbid and pestilential influences of any and every kind.

EFFECTS ON THE MIND.

The effects of Tobacco upon man's *mental and moral nature* have been, in part, anticipated in the foregoing remarks. Any narcotic, the use of which is capable of causing hypochondriasis, hysteria, epilepsy, mental imbecility, and insanity, must of necessity, if employed habitually, become detrimental to the intellect and the morals *in proportion to the extent of the abuse.* Besides, it is a recognized principle in nature, THAT WHATEVER ENFEEBLES THE BODY MUST, IN THE END, AND IN THE SAME DEGREE, ENFEEBLE THE MIND. "A sound mind in a sound body," is the physiological law. This *every* Tobacco-user violates.

There are many scholars who can never pursue any train of study, mathematicians who can never work out a difficult mathematical problem, and clergymen who can never compose, or even preach a sermon, without first placing themselves under the influence of Tobacco. If such did but know it, they waste a vast deal of vital energy in using Tobacco, and come far short, in the end, of accomplishing that amount of mental labor which the Creator designed them to do. They thus injure themselves, physically, mentally, and morally, at one and the same time. The *moral* reasons why Tobacco should not be used, as a luxury, by any human being, are numerous, some of the more important of which will now be stated.

In the first place, a man has no moral right to destroy his health. Health is "the poor man's riches, the rich man's bliss." It is the most precious of all earthly gifts. What greater blessing can there be than a state of perfect bodily and mental health ? Almost every Tobacco-user is convinced that the habit is detrimental to his physiological well-being, and yet he goes on, good or bad as he may be by profession, unremittingly in his downward course. Nor has a man a right to *enslave* himself. The Tobacco-habit is proverbially stronger than any natural appetite—stronger even than that for food. So enslaved does the Tobacco-user become to the narcotic, he prefers it to

the society of his best friends. No absent stranger is half so welcome as the cigar or the pipe. Rob him, but for a single day, of his accustomed stimulus, and he is the most miserable of beings. The Tobacco-user can never stand up boldly before his Maker and the universe, and declare honestly, "I AM A MAN." Witness, too, the effect upon the feelings, when, by accident or otherwise, a man is deprived for a few hours of his Tobacco. He cannot get his morning cud, and what is the result? He becomes unhappy, irritable and snappish, even to his wife and children—those to whom he should, above all others, be kind. And his churlishness becomes but too evident to all who are within his reach. "Tobacco," says an eloquent writer, "produces a perpetual souring of the temper, a cross-grained, ill-natured, repelling, or depraved state of combativeness." Excessive smokers, in particular, are liable to irritability of the feelings; they are never sure of themselves, but are ever ready to get angry at the slightest cause.

ITS FILTHINESS.

The *filthiness necessarily consequent on Tobacco-using* is of itself a great moral evil. "Cleanliness," says Jeremy Taylor, "is next to godliness." But it is impossible for a Tobacco-user to be a cleanly person. His mouth, which, more than all other parts of his system, should be cleanly, is a very sink of nastiness. That which he ejects from it is more loathsome than the dog's vomit or the sow's mire. Men have plainly no moral right thus to defile themselves, or to inconvenience those about them by their defilement, as in a thousand ways Tobacco-users must.*

Nor is it by filthiness alone that the slave of Tobacco does injustice to others. It is a most flagrant wrong for him to pollute and poison the atmosphere which his fellows are compelled to breathe. This is done everywhere, and almost perpetually, by the votaries of the weed. We go, for instance, along Broadway, in our metropolis, on some summer evening. The more

* After writing the above paragraph, the writer was one day riding, in New-York, from the City Hall up town, upon one of the railroad lines. Soon after starting, a judge of one of our higher courts took a seat in the car, it being of the small class for the accommodation of city passengers only. At once he commenced an earnest conversation with an acquaintance, and at the same time chewing tobacco and spitting in the most vigorous manner. His voice, however, seemed hollow and feeble. As near as the writer could estimate, he must have spit at least one hundred times in about twenty minutes, besmearing the matting upon the floor of the car for some four or five feet, at a great rate. Certainly no lady could have sat down within that distance, without soiling her dress badly; and, what is worse, he spit twice upon the silk dress of one who had already taken her seat opposite him, after which she drew it up, and continued with it in that position till she left the car. Now, what may appear strange, this individual is a remarkably well-dressed, and a cleanly man, in the common acceptation—a learned judge, a temperance man, a writer on moral subjects, and a good Christian, doubtless, as the world goes. Comment is unnecessary.

pleasant the time, the worse the experiment will be. We may not (if a male, or in Bloomer dress) heed the vile besmearings that are so plentifully ejected upon the sidewalk ; but the reeking atmosphere, poisoned in every direction by the ten thousand smokers that promenade the great thoroughfare, we cannot by any possibility avoid. What hater of Tobacco who has ever travelled, but for a single day, from his own domicile, has not been outraged in this way ?

What right has a Tobacco-user to contaminate his own household even with the effluvium of Tobacco ? What right to hold in his lap his own darling child, giving off into its innocent face the pestiferous poison at every breath ? What right to sleep even with another person, his skin and lungs exhaling at every moment their noisome filth ?

ITS EXPENSIVENESS.

The magnitude of the moral evils connected with the use of Tobacco will become still more apparent when it is remembered that there are at least *two million tons* of the article raised annually in the world, and about one-twentieth part of this enormous quantity in the United States alone. The duty levied upon Tobacco in Great Britain, in 1852, was £4,560,741, equal to a poll-tax of about \$2 per head. Poor men in the city of New-York (where Tobacco is very cheap) expend five, ten, or twenty dollars annually, for this article. Some, who are better off, lay out eighty or one hundred dollars in the year. In this city more money is expended daily for cigars alone, it has been estimated, than for bread. The United States and Great Britain alone, it is estimated, spend enough annually on Tobacco to support ONE HUNDRED THOUSAND MINISTERS OF THE GOSPEL at average rates. More money is wasted annually in this way, in Christian countries alone, than would be necessary to place a Bible in the hands of every family in the world. Civilized countries spend more for Tobacco than would be required for establishing free-schools throughout every habitable land. Can it, therefore, be consistent with the moral principle for any one thus to squander his money in the furtherance of such evils, however little or much he may have ? Said that eminent philanthropist, John Quincy Adams, writing to the Rev. Dr. Cox of his experience in using Tobacco : " I have often wished that every individual of the human race afflicted with this artificial passion, could prevail on himself to try but for three months the experiment which I have made ; sure that it would turn every acre of Tobacco-land into a wheat-field, and add five years of longevity to the average of human life."

. It were well, likewise, for the slaves of Tobacco to inquire as to what class or classes of persons are most addicted to its use. We are compelled to admit that the abominable thing does sometimes find its way into the pulpit, and perhaps still oftener into the deacon's pew, or upon the judge's bench. In general, however, it is a different sort of persons who are most addicted to

the accursed habit. "I find," says an extensive observer of human nature, "that the most wicked and abandoned individuals in the community use Tobacco; that boys and young men who are becoming more and more depraved; that low, dissolute, profane men, idlers, engaged in amusements alone, night-walkers, theatre-goers, gamblers, and licentious persons, are almost invariably chewers or smokers."

THE REMEDY.

This part of our subject is brief. Those who have not commenced the use of Tobacco have no excuse for doing so, once they are made acquainted with its effects; because Tobacco in the beginning has no charm: it is only loathsome, disgusting, and sickening in the extreme. But with those who have already become enslaved to the habit, the case is different; and even here the "sum and substance" of our advice is comprised in a few words: "TOUCH NOT, TASTE NOT, HANDLE NOT." To one who is desirous of reforming himself of the Tobacco habit, this is the only reliable rule. Charlatans may go about, as indeed they have done, pretending to have some secret remedy by which the Tobacco appetite may be permanently destroyed. But all such pretence is from the Father of Lies. If, through reason, conscience, and religion, a man cannot break off this habit, his case is for ever a hopeless one.

But there are certain helps for a man in these desperate emergencies. A season of sickness is an excellent time in which to commence the reform; because, under such circumstances, nature, ever true to herself, takes away all longing for the accursed drug. True, no one should wait for such an opportunity; but when it does occur, let it be improved. The same likewise may be said of sea-sickness, for in that singular and distressing affection there is great loathing of Tobacco.

The slaves of Tobacco who have undergone a course of hydropathic treatment, tell us that the healthful stimulation afforded by the water processes enables them far more easily to rid themselves of any pernicious habit. This it is well for every one to understand, for hydropathy cures by its power in invigorating the general health.

To keep oneself employed in some useful occupation, physically and mentally, *to the fullest extent*, is a great aid to any personal reform. That "an idle man's brain is the Devil's workshop," is nowhere more true than in regard to the user of Tobacco, when he is attempting a change.

One who is endeavoring to rid himself of this habit must abstain from *all* stimulants, or he is never safe. It is a law of the living economy, that the use of one stimulating article keeps up the craving for another to which the individual has been accustomed. If a reformed inebriate attempts to make up, as far as possible, for the want of alcoholic stimulus by Tobacco, tea, and coffee, as many have done, he will be much more apt to relapse into his old habits than if he cleanses himself at once and for ever from drug stimu-

lation of every kind. So also if the reformed Tobacco-user continues to chew camomile and other pungent or stimulating articles, and partakes of tea and coffee habitually, one hundred chances to one if he does not at some time find the iron tyrant again upon him, with a redoubled grasp.

Travelling, rightly pursued, is a great help to one who is determined to reform himself of a habit like the one under consideration. To an American especially, one who has never revelled amid the grandeur and the glories of Europe, the measure would prove a valuable one. Would that all who may read these pages could avail themselves of so great a blessing!

A pledge is an aid to one who is endeavoring to abstain from any fixed habit. It is a principle in morals that numbers give strength. Two or more persons pledging each other that they will now and for ever abstain from Tobacco, will be more likely to succeed than one who undertakes the task alone. It is not necessary that the pledge should be given in writing; but in whatever way taken, it must be entered into resolutely, and from the heart.

“Is it safe to discontinue so potent an article suddenly?” it is honestly asked. We know that thousands upon thousands of drunkards have been reformed, within the past twenty-five years, leaving the alcoholic stimulus in the most abrupt manner, and without harm. Nay, more: they are benefited in health. We know, also, that in delirium tremens the sudden and total abandonment of alcohol and all other narcotics is a very safe procedure. In the city of Boston it was the practice for some years to lock up common drunkards affected with this disease, and leave them to the resources of nature. We are informed, on the best authority, “that in a vast majority of cases, this treatment was perfectly successful.” From these and the like facts, we are to infer that no danger whatever can come upon any one, however long he may have used Tobacco, from leaving it off suddenly. Besides, those who have reformed themselves in this respect tell us that, difficult as it has been to break the tyrant habit, they were yet not injured by the process. We know, likewise, that when the excessive use of the poison has caused symptoms analogous to delirium tremens, the patient is cured by withdrawing from him his accustomed narcotic. It is therefore plain that sudden cessation from the use of Tobacco is, to say the least, a safe measure; and EXPERIENCE teaches that it is the only reliable one. If a man says, “I will abstain from Tobacco resolutely for one year,” he may be assured he will commence the accursed habit as soon as his time is up, if not before. But in doing this, if he is really convinced of the evil of the practice—as, indeed, most Tobacco-users are—he insults not only his own conscience, but the Almighty himself. THE ENTIRE ABANDONMENT OF THE PRACTICE, NOW AND FOR EVER, is the only condition He will accept.

Some tell us that the reformed Tobacco-user always returns again to his habit. That this is often true, we admit. It is also true that a large proportion—three-fourths, as some say—among reformed incendiaries, relapse into their old practices, and die drunkards in the end. But, admitting all this, it

does not prove that we should relax our efforts one whit in the way of reform. Rather it should stimulate us to renewed exertions in our endeavors to save the unfortunate. We should labor, moreover, for the rising generation ; for the young as well as the old ; knowing always that prevention is better than cure. So, too, in regard to Tobacco ; if we can reclaim only one in a hundred of those who have become enslaved by the monster tyrant, we should yet work on, for the slave as well as for those who are free.

That the Tobacco-user can reform, we have ample proof. But the task is no easy one. A man cannot do it from mere personal or selfish motives ; he must be guided by the highest principle of which human nature is capable—by religion itself. Not by sectarianism—which is often the very antipodes of religion—is this to be accomplished, but by that kind of principle which God recognizes as the true and deserving one, wherever it exists. Does the reader ask for examples? John Quincy Adams cleansed himself of the abomination ; the venerable Dr. Nott, a half century or more ago, did the same ; so also Dr. Jennings, of Ohio, and numbers of others that might be named. Hundreds, too, of both sexes among that worthy and conscientious body of Christians, the Shakers, years ago abjured tobacco. Not a few of these have already closed their earthly pilgrimage, never for a single time having broken that vow which they had taken before their Maker to touch no more the accursed thing. We repeat, therefore, and most earnestly and feelingly proclaim, to every Tobacco-user who desires to reform, **THAT THE TOBACCO HABIT CAN BE BROKEN, AND THE RESOLUTION KEPT FAITHFULLY TO THE END.**

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